MADRAS

WEALTH & WELFARE

WITH WHICH IS INCORPORATED 'CO-OPERATOR,' COLOMBO

AN ALL-INDIA—CEYLON (WELFARE WEEKLY)

(DEVOTED TO ECONOMIC, SOCIAL & WELFARE PROBLEMS)

Founder-Chief Editor: Late Mrs. M. R. JANAKI, B.A. (Madras), L.T. (B.H.U.), M.R.A.S. (Lond.)

Hon. Managing Editor: Sri K. R. ACHARYA, F.C.A.

Head Quarters: NEW DELHI

Office for any Correspondence: Please Address the Hon. Managing Editor W. & W. P. O. Box No. 1407, Madras—Thyagarayanagar.

Vol. XXXV, No. 10 & 11 | **Madras, Friday, November 14th & 28th, 1958** | **Registered M. 7036**

ANNUAL SUBSCRIPTION Rs. 10/- always payable in advance *in full*. Pamphlets are given free to all. Please apply with Stamps for Postage.

(Papers are not available for Sale)

(Issues will appear on alternate weeks enabling Repairs on other weeks)

CONTENTS

	PAGE
EDITORIALS:	
I Birth-Control is means to death-control ...	1
II A Real Brahmana ...	2
HEALTH:	
First Aid ...	3
MISCELLANEOUS:	
The State should stop export of Rice Products, cattle feed and restrict export of edible oils ...	6

It's easy enough to be pleasant
When life flows along like a song,
But the man worth while
Is the man who can smile,
When everything goes dead wrong.

To Our Subscribers—*Our subscribers are reminded to remit their subscriptions to the Hon. Managing Editor, Wealth & Welfare Madras-Thyagarayanagar.*—Editor, W. & W.

EDITORIALS

I

Birth-Control is means to death-control

In the sociological sense, whichever nation has a low birth-rate, has also a low death-rate.

• Physiologically, who conserves the seed of life, is not a 'waster and wastrel.'

He retains vital vigor and can keep off death for long, 'almost' at will, till he himself 'tires' of his body, as he is sure to do some day; tires of the very monotony of it.

In Mahabbharatha, Bhishma had the gift of 'death by his own wish only,' because of his perfectly continent celibacy.

Superphysically, conserved energy, transmuted into subtle 'mental' matter. can shape out subtle austro-mental body and separate it during life.

There are three planes, according to metaphysical theory, corresponding to the three familiar states of waking, dreaming and slumbering, 1. World of physical senses, 2. Mental world, 3. World of the unconscious.

The soul wanders away from the body during sleep, and there are many mediators, helpers, guides to help every earnest soul in dreams, visions, and superphysical states.

"As from the thatching-grass the core is drawn,
So from the body should be drawn the soul
With patience, perseverence, fortitude"—Upanishad.

The soul can be loosened from physical body, gross or dense body, body of flesh, by regulated fasts and vigils, physical and psychical disciplines, and various subtle introspective processes, under the guidance of a wise teacher, who has himself passed through the experience and achieved 'freedom' of subtle body from gross-body.

After such experience, the subtle wears the dense as a person wears a suit of clothes, and can pass into and out of it at will.

Then only may the person be said to be 'free' of the bonds of Karma on the earth-plane, bonds which cause his unconscious and involuntary births and deaths here.

Then only can he be said to have gained release, freedom.

Psychologically, conserved energy can be transmuted into intellectual works of arts, literature, science which may bring immortality of name and fame.

It should be clearly understood that the 'birth-control' which ensures life till oneself tires of it, is not by 'contraceptives, etc' but by perfect continence.

Self-control is the foundation of all other control.

To control death, we must control birth.

Brahmacharya, continence, is the way to strengthen and prolong individual as well as racial life.

Kaama-Eros unbridled, is our worst enemy. To war against and subdue it, (not destroy, until the third and fourth stage of life), is best and most truly 'moral equivalent of war.'

Battling against 'forces of nature,' to utilise them as far as possible, and against predaceans, is the rest of the moral equivalent.

To the extent the moral war succeeds, physical war and crimes will diminish.

For *some* war there must be, it is a law and fact of Nature; as much as Love and Peace are.

There must be the inducement for self-control and birth-control and strengthen and stabilise moral forces.

Then only can we realise the meaning of Life, reconcile heart and head, harmonise emotion and intellect, heat and light, and make it possible for us all to fulfil all Life's purposes and realise all its aims and ends.

There are moments in our lives when a sense of death and futility overcomes us, when we live more than the life of the senses and look over the visible world to the Great Beyond.

The greatest problems of the day relate to spiritual as opposed to material adjustment. Though there is the knowledge and power to refashion our lives there is not the will to do so.

We have no Ideal toward which to aim.

We do not know how to live, nor what to live for.

A new moral outlook is demanded. Whence will it come ?

It can come only from our knowledge which tells us 'What is good for Mankind.' What to live for, What is the ideal toward which to aim. and how to live.

Why is righteous will absent ?

Because new generations are being born in lustful sensual, materialistic carnal passion, not in loving spiritual affection; because they are being grievously mis-educated; because sources of life are poisoned.

Moral equivalent of War is war against inner lower nature first, and outer Nature-forces next.

Right education would saturate collective mind of Human Race with this exceedingly Practical Truth:

II

A REAL BRAHMANA

For about twelve centuries the basis of Indian Social Organisation was maintained having been shifted back from crass artificialised 'heredity' to elastic, rational, natural, spontaneous variation in respect of vocational temperament.

The Indian people had in their civilisation a new period of regeneration, a new lease of life giving rise to an astonishing efferescence of varied science, fine art, and noble literature.

Unhappily, the evil in human nature, forces of avidya, selfish erring, de-generation, again succeeded in resuming their sway.

They changed generous emulation into deadly rivalry and conflicts.

Every religious reform is, in origin and in issue, a social, economic, and political revolution also.

Invariably, therefore, it gives rise to a new civilisation.

When a man's body falls sick, a physician is needed to cure it.

When the oversoul of a whole people falls sick, it requires, as history shows, a fresh influx of Divine Spirit, to cure it and give it a fresh birth in a new body, 'of re-established law and re-constructed society.

Without right social structure, noblest religio-ethical principles aud exortations have no chance.

Neither in ecclesiasticism, sacerdotalism, nor fudalism, militariasm, nor capitalism, nor a 'mobo'—or 'demo'—cracy proletarianism there is any chance.

Now we shall know what the nature of true Brahmana and others is.

"Not matted locks, nor birth in any clan,
Or family, or from some mother's womb,
Can make a man a real brahmana.
He who is true, pure, dutiful ? sins not
In deed, word, thought; gathers not worldly goods;
Bears patiently hard words, bonds, beatings too
And lets not anger rise within his mind,
Strong with the strength of all forgivingness;
Him do I call a real brahmana."
"Mere birth makes not a real brahmana;
Nor makes a shudra; deeds and ways of living,
Appropriate, make either one or th' other.
The sun doth make the day; the moon the night;
Courageous chivalry, the Kshathriya;
Wisdom and thoughtfulness, the brahmana."

Now a days there is no belief in 'caste by birth.'

Instead, it is strongly condemned and so also all pretensions based on it.

What is recognised and also recommended are vocational classes by *worth*, i.e. by suitable character, mental and moral constitution, and occupational disposition.

"The Human Race is one, though it is made up
Of many tribes with many names. Class-names
'Caste'—names, of many kinds arise therein,
Because of different means of life. But four
Broad classes may be plainly seen therein,
Caused by the differences of ways of living.
The men of studious vows are brahmanas;
Who practise use of arms are kshathriyas;
Who gather wealth by lawful merchantry
Are vaishyas; those who live by service-wage
Are shudras. By their occupations only,
The four are thus marked of; no otherwise.
The 'birth' of any one cannot be seen
Upon his face; his actions can be seen."

* * * *

"Children of Brahma all, brahmanas all,
And brothers, since created by One Father.
No rooted difference is there 'twixt them.'
All had one occupation formerly.
Slowly-developing diverging ways
Of living have created four class-types.
God's Nature-plasm has three chief attributes,
Sattva, rajas, and tamas-principles
Of knowledge, action, wish, respectively.
Inseparable all, always, and everywhere.
Which ever one prevails in any one,
That sets his type or class. Thus, in accord

With natural qualities, this four-fold scheme
Of Social Structure has been made by God.
Sattva prevailing, makes the brahmana ;
Rajas predominant. the kshathriya ;
Tamas, desire to gain, does mark the Vaishya ;
Unspecialised and inchoate is shudra."

Human beings are expected to get organised, more or less, definitely, on the lines of the above four main classes.

Only such communities that organise themselves deliberately, with just and equitable partition of rights and duties as indicated in the many tetrads described above will be organised for peace, will prosper exceedingly and be in no danger from others.

(E. U. A. R.)

HEALTH

FIRST AID

(By Sri Swami Sivananda)

THE HUMAN BODY—THE MYSTERIOUS PALACE OF BRAHMAN

(Continued from the Previous Issue)

The important thing to be observed here is that the food that we take should not only be nutritious but at the same time a good residue should be formed and the liquid or water that we take should also be sufficient so that we must have a normal bowel evacuation. This is very important for a first-aider. A man on the road might just swoon. The cause may not be very serious but at the same time due to the toxin formed out of the residue in the lower intestine, it is quite sufficient to poison the blood. That poison acting on the nervous system will make a man swoon and a layman will not be able to do any aid in such circumstances. If a man is acquainted with this elementary knowledge, he would be able to help him regain consciousness by sprinkling some cold water on the face and if necessary, by giving an enema.

I shall now describe about the covering of the skin. It is formed from a germ called ectoderm, which is a part of the embryonic tissue. The nails and hairs are also formed from the very same germ cells. The skin covers the entire human body except the eye balls and the red part of the lips. It consists of two layers, the outer layer called the epidermis and the inner layer called the cutis vera or the real skin. The outer skin is always dry and scally. The real skin has a frame-work of connective tissue fibres held in which are blood vessels, nerve endings, sweat glands, oil glands, etc.

The skin gives a fine appearance to the human body. We often hear people, usually women, talking about the appearance and care. This, however, is not its important function. It serves the body in many important ways. It protects the underlying structures, defending them against germs. It contains nerve endings and hence any insect bite or thorn prick is immediately intimated through these nerve endings to the brain and timely action is taken by the body to remove the thorn or drive away the insect. The skin expels the waste materials with the help of the sweat gland. It also plays an important part in the regulation of the bodily temperature. This is achieved thus : the body produces more heat while at work. If such excess heat is not reduced and maintained at normal level (98.4 deg. F) it may even lead to death. This reduction of heat is achieved through perspiration. In cold countries the reverse takes place. The skin becomes pale and cool. The tiny muscles of the skin pull at the hair roots and make the hair stand on its end. The oil glands pour out more oil which spreads out on the skin and lessens evaporation. But for this function of the skin, human life could not have been possible.

The hair also, as I have said previously, form a part of skin system. In these days you will find a good majority the human population losing hair or getting bald headed in their young age, in spite of the innumerable advertisements you come across in newspapers of hair oils and hair restorers. These oils and hair restorers are invariably found to be of little or no use for the restoration of the lost hair if proper care is not taken of the general health. The growth of the hair is stimulated by the blood which should be properly nourished.

Coming again to the skin, it is very essential that the skin should be kept clean to enable it to do its work well. Usually a brisk cold bath (in a temperate climate) and immediate rubbing by a dry cloth keep the skin clean and rejuvenate you by stimulating your whole system. The interval between two baths depends upon the climatic conditions and the nature of physical work one is engaged in. In cold weather or in a cold country, one warm bath in a day is normally quite sufficient to keep your skin clean. After a serious protracted illness, say for example typhoid, you find invariably the falling of hair. It is therefore clear that to keep the skin and hair healthy, you must always keep your body healthy.

A small cut or a roadside injury, although it may appear to be too small may carry a tetanus infection to the whole system and may ultimately lead to death even, if it is not attended to in time. Similarly, in extensive burns on skin, even though they are superficial, the toxins or the poisons produced by the burnt area will be absorbed by the blood and cause danger to life. To avoid such unhappy consequences, it is most essential for a first aider to attend to any injury or burn on the skin, however small and insignificant it may be with the least possible delay.

Chapter One

ANATOMY AND PHYSIOLOGY

GENERAL STRUCTURE OF THE BODY

The human body is separable into head, trunk and limbs. In the head the brain-case or skull is distinguishable from the face. The head consists of the skull and the face and is connected to the trunk by the neck. The trunk is naturally divided in to the chest or thorax and the belly or abdomen. Of the limbs there are two pairs; the upper or arms and the lower or legs. Legs and arms are again subdivided by their joints into thigh and upper arm, leg and forearm, ankle and wrist, fingers and toes.

The arm, the forearm and the hand of a forelimb correspond to the thigh, the leg and the foot of a hind-limb.

The larger, hinder or lower part of the trunk called the abdomen is soft. The smaller front or upper part of the trunk between the forelimbs called the thorax is firm. In the sides of the thorax, bones, the ribs passing from the back towards the front can be distinctly felt. In the front of the thorax, in the middle, is the firm bone, the strenum to which the ribs pass. The vertebral column or spinal column, a chain of bones which can be bent to a small extent in various directions runs down the middle from the head to the coccyx. The ribs pass from the vertebral column to the strenum. The intercostal muscles are attached to the ribs.

There is a muscular partition called the diaphragm between the thorax and abdomen.

The liver with its gall bladder, the stomach, the small and large intestines, the pancreas and the kidneys and the spleen are found in the abdomen.

The heart and the two lungs, are contained within the oracic cavity.

A white soft spinal cord runs along inside the vertebral column. The spinal cord is continuous above with the brain. From the brain and spinal cord the nerves which go to all parts of the body arise.

The craneal cavity contains the cerebrum, cerebellum or hind brain, pons varolii and the medulla oblongata,

The pelvic cavity contains the bladder or reservoir for urine, rectum and the generative organs of the female (uterus, ovaries, the fallopian tubes).

The bones represent the bricks and stones of a house. Flesh, fat, correspond to the small pieces of stones and broken bricks. The connective tissues represent *chunam* or lime. The skin corresponds to the final cement coating. The immortal Soul or the Indweller is the Proprietor of this house.

The arteries and veins are connected with the head. Aorta is the largest artery which carries the blood from the heart to the different parts of the body.

The inferior vena cava brings the impure venous blood from the lower limbs and lower part of the trunk to the diaphragm back to the heart. Above the heart there is another large vein which brings the venous blood back from the head and upper limbs. This is the superior vena cava.

The muscles are fixed to the bones by tendons. Between the muscles are blood vessels and delicate white cords called nerves. The muscles, blood vessels and nerves are lightly bound together by a delicate tissue called the connective tissue.

The mouth, the pharynx or the throat, the oesaphagus or gullet lead to the stomach, the reservoir for food. The larynx or wind-box, trachea or wind-pipe and the two bronchi lead to the lungs.

The human body is the most marvellous, most astounding and the most delicate machine in this world. No scientist can manufacture such a body in his boasted laboratory. You are struck with wonder and become dumbfounded if you think for a while seriously in silence about the harmonious functioning of the different organs, its structure.

The Creator of this wonderful machine is the Lord. This body is His moving temple. Glory to the Lord! Adoration to the Lord! Prostrations unto the Lord, the Wonder of Wonders! Inexpressible, ineffable, unthinkable, unimaginable, incomprehensive, Supreme Being and yet the most simple, direct Truth, who dwells in the chambers of your heart, who is closer to you than your nose or the jugular vein. May His blessings be upon you all.

ANATOMY

Anatomy refers to the structure of the body, it is divided into the following branches :

Osteology is the anatomy of bones.

Syndesmology is the anatomy of the joints.

Myology is the anatomy of the muscles.

Angiology is the anatomy of the vessels.

Neurology is the anatomy of the nerves.

Splanchrology is the anatomy of the internal viscera.

Adenology is the anatomy of the glands.

Dermatology is the anatomy of the skin.

Genesiology is the anatomy of the generative organs.

THE SKELETON

The bones are the principal organs of support. They are the passive instruments of locomotion. They form a framework of hard material, afford attachment to the soft parts and maintain them in their due position. They protect the internal organs and other tissues of delicate structure, give stability to the whole fabric and preserve its shape.

The entire skeleton in the adult consists of two hundred distinct bones. They are :

Cranium	....	8
Face	....	14
Hyoid	...	1
The Vertebral column	...	26
Sternum and ribs	...	25
Upper extremities	...	64
Lower extremities	...	62
Total	....	200

The Patellae or knee caps are included as separate bones. The smaller sesamoid bones and the small bones of the middle ear, namely, malleus, incus and stapes are not included.

Bones of the Head

Occipital bone	....	1
Parietal bones	..	2
Frontal bone	...	1
Temporal bones	...	2
Spheroid or wing bone	...	1
Ethmoid or sieve like bone	...	1
Total		8

Bones of the Face

Nasal	...	2
Lachrymal (tear)	...	2
Malar (cheek)	...	2
Palate	....	2
Maxilla (upper Jaw)	...	2
Mandible (lower Jaw)	...	1
Vomer (Plough share)	...	1
Inferior turbinated (scroll like)	...	2
Total	...	14

Bones of the Upper limb

Collar bone	...	1
Humerus (arm bone)	...	1
Radius } Fore arm bones	...	1
Ulna } Fore arm bones	...	1
Scapula	...	1
Carpal (wrist bones)	...	8
Meta Carpal (or fingers)	...	5
Phalanges	...	14
	...	32 on each side —Total 64

Bones of the Lower Limb

The pelov girdle	...	1
Thigh bone (femur)	...	1
Knee cap or patella	...	1
Thin bone or tibia	...	1
Buckle bone or fibula	...	1
Ankle bones or tarsus	...	7
Instep bones or meta tarsns	...	5
Phalanges or toe bones	...	14
	...	31 on each side
		Total 62

The Vertebral Column

The vertebral or spinal column is the bony axis of the body. It consists of distinct bones, called vertebrae placed one upon another. The vertebral column is divided with regions as follows:

(1) The cervical region or region of the neck, consisting of seven vertebrae.

(2) The thoracic region of the thorax, consisting of twelve vertebrae.

(3) The lumber region or region of the loins, consisting of five vertebrae.

(4) The sacral region, consisting of five vertebrae united together to form a single bone, the sacrum-

(5) The coccygeal region, consisting of four imperfect vertebrae of often united together into one bone called the coccyx.

Joints

The various bones of which the skeleton consists are connected together at different parts of their surfaces. Such connections are called articulatias or joints. The bones are joined to each other by muscles, tendons and ligaments. Joints are immovable, slightly movable and freely movable. Immovable joints are in the skull where the bones are immovably interlocked with each other.

Movable joints are of four kinds. (1) Gliding joint allowing a slight amount of movement such as the jotnt of vertebrae. (2) Hinge joint allowing backward and forward movement as in elbow, knee, fingers, toes and ankle. (3) Ball and socket joint allowing movement in all directions as between scapula and humerus (shoulder joint) and also in hip joint. (4) pivot joint allowing movement of rotation only as atlas on axis or radius on ulna. The joint is moist with a fluid called the synovial fluid which makes easy movement possible.

The various joints are the shoulder joint, the hip joint, the knee joint, elbow joint, wrist jolnt, neck joint.

Cavities of the body

The cavities of the body are (1) Thoracic cavity; (2) Abdominal cavity, (3) Cranial cavity, (4) Pelvic cavity, (5) Buccal cavity, (6) Nasal cavity.

Thoracic Cavity

Thoracic cavity or chest contains the trachea or windpipe, the lungs, oesophagus or gullet, heart and vessels spinging from and entering into the heart.

Abdominal Cavity

The abdominal cavity ,contains the stomach, liver, gall-bladder, which is the reservoir for bile, pancreas, spleen, kidneys, small and large intestines etc.

Cranial Cavity

The cranial cavity contains the cerebrum, the cerebellum, pous varolu and the medulla oblongata.

Pelvic Cavity

The pelvic cavity contains the bladder which is the reservoir for urine, rectum and in the female the generative organs (the ovaries, the uterus and the fallopian tubes etc).

Buccal Cavity

The buccal cavity is the mouth which contains the tongue, teeth, salivary glands etc.

Nasal Cavity

The nasal cavity contains the organ of smell.

THE MUSCLES

The chief use of the muscles is to cause movement of the body. You work through the muscles. Muscles is more highly specialised than connective tissue. Muscle constitutes the fleshy parts and form a large proportion of the weight of the whole body. The skeleton of an adult forms 28 pounds; muscles 62 pounds; blood 12 pounds; organs with skin, fat etc., 48 pounds.

Muscular tissue is irritable. If you irritate or stimulate it, it will respond. It will show its response to the stimulation by contracting. This power of the muscle to contract is called muscular contractility. All muscular tissue consists of fibres. Influences which irritate or stimulate muscle fibres are called stimulii and are usually of nervous origin.

The function of the muscles is to contract so that their two ends are drawn together, and a movement is thus produced which by various systems of livers can be converted into the particular form of motion required. For example, the contraction of the muscles of the calf draws the heel upward, and in this way causes the whole body to be elevated on the toes.

In order to bring about a muscular contraction the muscle must be stimulated. The way in which a muscle is normally stimulated is through its nerve, which conducts the nerve-impulses from the central nervous system to the muscle fibres. Arriving at the latter, the nerve impulses bring about the complex chemical changes upon which the contraction of the muscle depends. When the nerve impulses cease, the muscle relaxes again.

The muscles are of two kinds, voluntary and involuntary. Voluntary muscles are those which obey your will. Involuntary muscles are those over which you have no control. You may rise or lower your hands at will. The muscles of the hands obey your will. But you cannot make the heart or lungs or the stomach act as you may like to direct. The heart and the stomach are made of involuntary muscles. The muscles of respiration are both voluntary and involuntary.

The voluntary muscles are attached to bones. They are stripped or striated. The heart muscles though involuntary are also striated. The plain or non-striated is often termed involuntary muscles.

The stripped muscles are saturated with a thick semi-fluid substance which can be squeezed out of living muscles and are called muscle plasma. This fluid clots like blood outside the body. It contains a substance

called myosin. This substance becomes hard on the death of the muscle. Therefore, the body becomes stiff after death. This condition is called rigor mortis. After some time decomposition sets in. The muscles become soft and the stiffness of the body goes away.

Muscles may be classified according to their functions. A flexor is a bending muscle which bends the limbs. For example a flexor biceps pulls the forearm to the shoulder. An extensor is a straightening muscle which extends or straightens the limbs. The triceps in an extensor, that extends the arm. An adductor draws two parts together such as the one bringing the upper arm close to the trunk. The extensor muscles of the arm lie on the outer and posterior sides of the upper arm and the flexor muscles on the inner and front sides. The muscles of Inner side do the bending of the hand and fingers, those of the outer side extend and straighten them. The functions of the muscles of the lower limbs are also similar.

The Pronators turn the palm of the hand backward and when the elbow is flexed, downwards or prone. The supinators turn the palm of the hand forward and when the elbow is flexed, upwards or into the supine position.

The ends of the muscles are attached to the bones by ligaments. Tendons are narrow, strong white glistening fibres. They look like strong jute ropes which form the terminals of muscles before they end in a ligament attachment with the bone.

SOME IMPORTANT MUSCLES OF THE BODY

The total number of voluntary muscles may be statcd at about five hundred. We may conveniently classify these in four groups.

1. Chief muscles of the head, face and neck.
2. Chief muscles of the trunk.
3. Chief muscles of the upper extremities.
4. Chief muscles of the lower extremities.

(To be continued)

MISCELLANEOUS

THE STATE SHOULD STOP EXPORT OF RICE PRODUCTS, CATTLE FEED AND RESTRICT EXPORT OF EDIBLE OILS.

(By Sri R. S. Sankaran, B.A. B.L.,
Retd. Dt. Civil & Sessions Jadge)

The cost of living is now four times the cost before the war. Foodgrains and edible oils are five to six times more costly. The British exploited us by buying our raw cotton and making us buy their manufactured goods. Now after independence the local profiteers are enriching themselves by starving the people and the cattle. Unless the state gets out of the superstition about freedom of private sector, which means in effect, the connivance of the state with the robbing of the people by our own capitalists profiteers, and makes foreign trade a state monopoly, this deterioration in the economic condition of the people, and the country as a whole, will proceed to catastrostrophic climax.

It is well known that only the rich can afford ghee or butterfat. The vast Majority depend on vegetable oils for their indispensable food fat. The oils are gingelly coconnut oil oil, and groudnut oil. The exports of these oils, means, that our people are denied their health maintaining benefit. The following are the export figures so far available.

Variety of oil	year	Quantity exported
Groundnut oil	1953-54	360, 189 gallons
Coconnut oil	1953-54	22, 514 gallons
Hydrogenated edible oils	1953-54	17,980 Cwts

An individual consumes on the average about one fluid ounce a day- It is easy to calculate the collosal deprivation of a vital item of nourishment, which the exporting profiteers inflict on our people with the connivance of the state export policy.

It has become the fashion to accuse the rice eaters. Wheat eaters say that the rice eaters eat too much, in excess of the local production, thereby forcing the state to waste foreign exchange, to import rice—a consumer commodity—instead of machinery—a production commodity. They go further and say that available wheat is wasted, as riceeaters will not take to wheat. This suggests that internal production of wheat is so great as to, not merely meet all internal demands but also leave such ample surplus as to meet all the supplemental demands of the rice eaters, and thus make it quite unnecessary to import rice. But what is the truth ? The state report on the procurement of rice and other grains during 1957 gives the following figures. Wheat was imported to the tune of 28,40,000 tons. Rice import was 7,23,000 tons. When the hard facts show that the state has to import for feeding wheat eaters, nearly four times the quantity imported to feed the riceeaters, one wonders why this vain accusation is made, and repeated, even by people who are expected to know the facts.

Though the state has imposed total ban an export of rice, yet the chief controller of exports and imports licenses export of rice, under the form of " rice products " with the approval of the food ministry. This is discussed in detail. There is also the unjustifiable export of cattle feed.

In South India cows in milk are given as supplemental feed, oil cakes of groundnut gingelly, cocoanut, cottenseed, rice bran, and husks of pulses. These enrich the milk and increase the milk yield. As the papers announced that export of these are licensed, I worte to Sree Nehru to kindly order prohibitinson of the export of food, grains and cattlefeed. I received a reply from the export wing of the office of the Chief Controller of Imports and Exports No. 7. E 11(11) 56/1498 dated 10th May 1956: " With reference to your letter d. 17th April 1956 addressed to the Prime Minsister." " I write to say that your views regarding the stoppage of exports of husks of pulses and other articles of cattlefeed have been noted. Export of all food grains including rice and pulses is banned and no exports are allowed, except those against genuine pre-ban commitments. The trade notice in question issued by the Joint Chief Controller of Imports and Exports, Bombay referred to in your letter under reply refers to this relaxation of the general ban." The trade notice called for applications by shippers of Rice products at 50 tons of each for each shipper till 31-12-1956. In my further correspondence with the chief controller he refused to recognise the " totl ban " on the

export of rice, barred, the export of rice in the shape of rice products !

Sri Jain had stated in the Rajya Sabha on about 11th July 1956 that the Government has ordered "total ban" on export rice, wheat and other foodgrains. So he was asked if there was a mental reservation to evade the "TOTALITY" by exporting rice in the shape of "Rice Products"? The following illuminating reply was received No. FIMP-20 (197/56) Government of India, Ministry of Food and Agriculture, Queen Victoria Road, New Delhi, 9 October 1956. "With reference to your letter of 26-9-1956 regarding export of rice products, viz. Parched rice, ground rice, puffed rice and beaten rice, I am directed to inform you that the annual rice production in India is of the order of 28 million tons, and as against this the quantity of 150 tons proposed to be allowed for export in the form of certain rice products referred is insignificant. The increase in the price products referred by you is the result of the general rise in the prices of rice and all food grains. "We do assure you that your point of view, will be taken into account when considering the export policy for 1957." He seems to be unaware that while the demand for food is constant, the reduction of supply raises price : This reply shows up, the excuse that relaxation was limited to what was called "genuine" "preban" commitments.

One ton of rice in husk will feed four men for a year. One ton of dehusked rice will feed six men for a year. The 28 million tons will feed 112 million if in husk, and 168 millions if dehusked for a year. The state realises the gross insufficiency of internal production and imports vast quantities at great cost. Yet the food ministry treats the total ban with contempt and arrogates to itself the authority to allow exports regardless of the "total ban" and is impervious to logic of facts !

This betrayal of the state policy is yet continuing. The Madras Hindu of 14-4-1958 has a notice :—" Export of riee products. Bombay April 12. Requests for fnrther exports of rice produced by shippers, who have completed shipment of maximum ceiling of five tons will be considered on an ad hoc basis. says a press note issued by the Joint Chief controller of exports." I wished to know the total tonnage of the four varieties of "rice products" exported from the ports of Bombay, Calcutta and Madras for the years ending 31 December 1956 and 31 December 1957. The Joint Chief Controller of Imports and Exports Madras replied on 7-5-1958, "that information sought for is not available in this office." Does it not mean that the truth regarding the exports of rice products is hidden in order to keep the public in the dark as to how their food supply is being reduced by exports out of India :

Will the Central Government be pleased to publish the true figures? As to real loss of rice, it must be noted that one ton of parched rice means about one and half tons of raw rice; one ton of ground rice also about one and a half tons of raw rice ; and one ton of puffed rice means four to five tons of raw rice. Thus by exporting "rice products" the state is depriving the people of a great deal more, than if they exported only paddy or raw rice.

Cattlefeed

Early this year Sree Nehru said that while India possesses the largest wealth of cattle, it produces hardly 78% of the fodder needed. Within a few days of this, the Chief Controller of Exports and Imports notified that licenses will be granted for export of cocoanut oilcakes up to 15,000 tons. I at once wrote to Sree Nehru to prohibit this. Nothing was done. Next week the Chief Controller notifed that liceses will be granted for export of groundunt oilcake up to 20,000 tons. I at once wrote to Sree Morarji Desai ;who was then the Minister of Commerce and Industry. I pointed out that these 35,000 tons will give additional nutrition to 500,000 cows in milk for a year and the increased milk yield give additional milk for a year to 8,000,000 children. He went over as Finance Minister and the Chief Controller replied as follows :— "No. 2-E 11 (11) 58/459 d. 1 March 1958. Export of cocoanut oilcake and groundnut/oil cake. With reference to your letter dated 11 February 1958 addressed to the Minister of Commerce and Industry, on the above subject, I write to say that only limited export quotas of cocoanut oilcake and groundnut oilcake are relaesed after taking into consideration the various factors, viz. production, internal demand, exportable surplus and prevailing prices of these commodities. It is however regretted that it is not considered desirable to ban their export altogether outside India".

I made further enquiries of the Directorate of Statistics and found that the assertion that the Chief controller took into consideration the production and internal demand to arrive at exportable surplus was not based on reality. So I have requested him to furnish his figures. He replied by post card dated 20-5-1958 that my letter is receiving attention. By his letter dated 2nd June 1958 No. 2-EII (2)/58/24, he has replied that he took into consideration the tentative estimates of production and internal requirements of these commodities !!!

Meanwhile further exports of cattlefeed are effected. The export of 150 tons of sesamum (gingelly) oilcakes from Madras port is allowed. The Hindu of 19-4-1958 has this :— "Export of Rice Bran. Bombay April 17... The export of rice bran, Paddy bran and rice meal of Andhra origin-allowed to all shippers from Andhra Pradesh to all permissible destinations, till the end of March 1958...will now be permitted up to end of June this year or till the ceiling is reached whichever is earlier, the Joint Chief Controller of Exports and Imports announced here today. Firms who have exported the maximum quantity of 100 tons till March 31 will however be eligible for further allotments up to a maiximum quantity of 100 tons per firm, the announcement said. Licensing will be done on the principle of first come first served basis. Licensing will be stopped as soon as the ceiling is reached". The ceiling is a mere inducement to rush in for licenses. Nowhere has the Chief Controller revealed whether he has fixed the ceiling, how he arrived at it, or what figure it is. This is probably used to persuade the public to believe that there is real control and that the exporting merchants are not really getting all they ask for.

When will there be a real control for the benefit of man and cattle in this land just freed from foreign exploitation ?

This is only one instance of merchants bent upon personal profit shutting their eyes and hearts to the welfare of our people and our livestock. The British capitalist was content to prevent our becoming a competitor with him in our internal market. Now our Indian capitalists do not hesitate even to profit by depriving our people of foodgrain and even our cattle of fodder. The only sure remedy is for the State to have the monopoly of Foreign Trade, as is the case, in the really Socialist States. A broad distinction must be drawn between State Enterprise including foreign trade, and Private Enterprise. The State must control all matters which affect the people in general.. The profit from State Enterprises becomes the People's Capital for further development. Bul profit from Private Enterprise is in reality so much capital taken away from the people. Trade by the State is for the general public good. Trade by Private Sector is for personal profit and directed only to such small branches as yield large profits. So our Socialist State must make foreign trade a State Monopoly.

ANTIQUITY OF HINDU CULTURE & WORLDWIDE SPREAD OF ANCIENT HINDU CULTURE

By R. S. Sankaran Iyer,
(Retired District & Session Judge)

Below is given an extract from a talk given in Bangalore by late U. P. Krishnamacharry, a sanatanist Lecturer.

1. According to the Hindu tables, TROPICAL year is 365 days 5 hours 50 minutes 35 seconds. But according to LACALLIE's, which is generally followed in the west, it is 365 days 5 hours 48 minutes and 49 seconds. So there is a difference of 1 minute and 46 seconds, the Hindu year being longer. This difference is accounted for by the gradual decrease of the year from time immemorial, consequent on the gradually diminishing radius of the terrestrial orbit. This rate of decrease is also estimated as 40½ seconds for 4,900 years. Therefore to find out when the Hindu year was determined—which will of course be a certain measure of the age of Hindu Astronomy and civilization. We have a simple process of Arithmetic which will give us the result, that about 12,840 years ago, (Calculated from this year 1935) i.e. in about 10,900 B.C., the Hindus were able astronomers. How many long ages, then, must have preceded, this terribly long period of time, to prepare the Hindus to be such able astronomers, as they could measure exactly the length of the year 12,840 years ago! MONS BAILLY said "that the extent literature of Indian Astronomy is the remnant rather than the rudiments of an ancient science."

2. Count BJORNST JERNA stated "It is in Aryavartha that we must seek, not only for the cradle of the Brahman religion, but for the cradle of the high civilization of the Hindus which gradually extended itself in the west to ETHIOPIA and EGYPT and PHOENICIA; in the east to SIAM. To CHINA and to JAPAN; in the south to CEYLON, JAVA and SUMATRA; in the north to PERSIA, to CHALDEA and to COCHIS; whence it came to GREECE and ROME; and at length to the remote abode of the HYPERBOREANS." Thus it covered the OLD WORLD.

As regards the NEW WORLD Dr. COLEMAN quotes BARON HUMBOLT who describes the existence of Hindu remains still found there. SIR WILLIAM JONES says in the "Asiatic Researches" Vol I "RAMA is represented as a descendent from the SUN, as the Husband of of SITA and son of a princess called CAUSALYA. It is very remarkable that PERUVIANS whose INCAS boasted of the same descent styled their greatest festival "RAMA-SITWA," whence we suppose, that South America was peopled by the same race, who imported into farthest parts of ASIA. the rites and the history of RAMA.',

Monsieur DELBOIS said "The influence of the civilization worked out thousands of years ago in India is around and about us every day of our life. It pervades every corner of the civilized world. Go to America, and you find there, as in Europe, the influence of that civilization, which originally came from the banks of the GANGES." Not only was our own motherland in the beginning of ages, the metropolis of the whole world, but she was the cradle of the race itself even, and the very organic life, as can be shown by geological findings."

I may add. We see the monumental remains of the equisite sculptors in the hardest stones. Thus their knowledge of the metallurgy was of the highest. There are ancient jewels of all the gems and some are carved with human figures. There are such in ruby and emerald. They used gold not only for roofing but also as textile. Their excellence in applied science is not yet matched.

I suggest researches may include metallurgy and optics of the ancients. There are stone pillars in temples where out of a single block, a number of rounded columns are individually and separately carved, with musical notes for each. Thus one can play with a mallet by beating the columns lik a man playing the piano.

Their knowledge of optics is not yet approached. In HALEBID, in the Belur District of Mysore, there is a small Jain BASTI. In that there are two pillars opposite to each other, some twelve feet apart. The pillars have a dull flat surface like a slate at about four feet from the bottom and about fifteen inches wide and twentyfour in ches high. If a handful of water is thrown on the face, it becomes a mirror. But what a mirror! If you stand in the middle and face the pillar on the left of the entrance to the hall, you see a double reflection of your body above the waist, as in a playing card. The nether part is replaced by a downward reflection of the body waist to crown. Further the reflection is positive. Your right side is the right side of the reflection!

If you turn and face the right side of the pillar you see anx your nether limbs as they are at the bottom, and your trunk replaced by the nether limbs growing up from the waist band! In the last century Germans came and took plaster moulds to try to copy the same in glass or metal. Modern science has not yet solved the miracle. If the tourist programs include a visit to these pillars as a MUST, then scientists may be able to solve the formula for creating such a surface.

Printed by Sri S. Krishnan at the Huxley Press, 114, Armenian Street, G. T., Madras - 1.
and Edited & Published by Sri K. R. Acharya, F.C.A., at the Huxley Press, 114, Armenian Street, G. T., Madras-1 13—12—'58